

Summary

The theme of the final qualifying work: The development of a positive self-relationship to the image of the physical "I" in students.

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The relevance of the research: the attitude to the image of the physical "I" has a significant influence, often paramount, on the quality of life of the individual. The consequences of dissatisfaction with appearance can be expressed in minor mood swings, and in serious pathologies, such as eating disorders, addictions, depression, and a distinctly declining quality of life.

The aim of the research:

1. To diagnose the attitude to the image of the physical "I" in students;
2. To enlarge the activities for psycho-educational work with students, aimed at developing a positive self-relationship to the image of the physical "I" in students.

Objectives of the study:

1. To study modern approaches to the problem of self-relationship to the image of the physical "I".
2. To conduct a study of the characteristics of the self-relationship to the image of the physical "I" among the students of the institution of higher education of the Humanities.
3. To develop a program for the improvement of a positive self-relationship to the image of the physical "I".
4. To analyze the impact of the program development of a positive self-relationship to the image of the physical "I".

The results of the study: Theoretical and empirical analysis of the problem of the development of a positive self-relationship to the image of the physical "I" in students showed that self-relationship is not reduced to an elementary set of emotional reactions of an individual to his knowledge of himself. This phenomenon should be considered as representation in the consciousness of the personal meaning of "I", which is expressed through the evaluation and sustained emotional experiences of compliance of "I" subject to its sense-forming motives, formed in the context of the individual's life realities.

The evaluative component of the "body image" (which is usually understood as a set of attitudes, assessments of physical appearance and body functions, formed through the experience of perception of one's own body) reflects the attitude of the individual to one's own appearance. The practical importance of the study of this phenomenon is undeniable, because, according to most experts, the attitude to one's own appearance has a significant, often paramount, influence on the quality of human life, ideas, attitudes, assessments of physical appearance and body functions, formed through the experience of perception of one's own body and reflects the attitude of the individual to one's own appearance.

Of particular importance is the problem of attitudes toward appearance in adolescence, does not lose its significance during further ontogenesis, when the outlook, self-consciousness, self-concept are actively developing, the attitude to oneself is formed on the basis of its own criteria of self-assessment.

The development of a positive self-attitude to the image of the physical "I" is a necessary component of the process of formation of a harmonious personality as the individual's attitude to his own appearance has a significant impact, often paramount, on the quality of human life.

Recommendations: The development of a positive self-relationship to the image of the physical "I" in students is effective if it includes informing about the close relationship of the mind and body, reducing the importance of appearance and increasing the value of other personal qualities, forming an ability to

adequately assess oneself on the basis of an internal system of values, views, development of self-confidence, a sense of value, the importance of one's own personality, the desire for self-knowledge and self-development. The construction of an integral structure of the bodily image of the "I" in the forming work is possible under the condition of inclusion in the activity of all levels of individuality: neurodynamic, psychodynamic, personal and socio-psychological.